



MRS. KNOX'S
**TOP
20**

Delicious Salads and Desserts
Voted Family Favorites in a
Nation-Wide Poll



MRS. KNOX'S
JEWEL SALAD

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox
Gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{4}$ cup hot water

$\frac{1}{4}$ cup sugar
 $\frac{2}{3}$ cup pineapple juice
 $\frac{1}{2}$ cup mild vinegar
1 tablespoonful lemon juice

1 cup cucumber
1 cup canned
pineapple
 $\frac{1}{4}$ teaspoonful salt

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add pineapple juice (drained from can), lemon juice and vinegar. Chopped red pepper may be added if desired. Cool, and when mixture begins to thicken, add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water and chill. When firm, remove from molds and garnish with greens and mayonnaise dressing. Grapefruit may be used instead of the pineapple.



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GET KNOX IN THE REGULAR 4-ENVELOPE PACKAGE

The regular kitchen package of Knox Gelatine (familiar to housewives for many years) contains 4 sealed, sanitary envelopes. Each envelope contains exactly the amount of gelatine to make a dish of six servings. If your recipe calls for a tablespoonful of gelatine, you merely use one of the Knox envelopes, for each one is equal in jelling strength to a tablespoonful.



OR GET THE MONEY-SAVING 32-ENVELOPE PACKAGE

In answer to hundreds of requests from men and women who drink Knox Gelatine regularly, Knox is now available in a money-saving package of 32 sealed, sanitary envelopes. Ask your grocer for this big new package, or write Knox Gelatine, Johnstown, N. Y.



MRS. KNOX'S JEWEL SALAD (Serves 6; uses ¼ pkg.)

- | | | |
|--------------------------|-----------------------------|------------------------|
| 1 envelope Knox Gelatine | ¼ cup sugar | 1 cup cucumber |
| ¼ cup cold water | ⅔ cup pineapple juice | 1 cup canned pineapple |
| ¼ cup hot water | ¼ cup mild vinegar | ¼ teaspoonful salt |
| | 1 tablespoonful lemon juice | |

Soften gelatine in cold water. Add sugar, salt and hot water and stir until dissolved. Add pineapple juice (drained from can), lemon juice and vinegar. Chopped red pepper may be added if desired. Cool, and when mixture begins to thicken, add cucumber, pared, cut in small pieces and drained; add pineapple cut in small pieces. Turn into individual molds that have been rinsed in cold water and chill. When firm, remove from molds and garnish with greens and mayonnaise dressing. Grapefruit may be used instead of the pineapple.

MRS. KNOX'S CHOCOLATE SPONGE (Serves 6; uses ¼ pkg.)

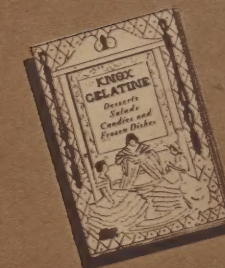
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| 1 envelope Knox Gelatine | 1½ squares chocolate or | 3 eggs |
| ¼ cup cold water | 4 tablespoonfuls cocoa | ¼ teaspoonful salt |
| ¼ cup boiling water | ⅓ cup sugar | 1 teaspoonful vanilla |

Put sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Soften gelatine in cold water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Pile into sherbet glasses. Serve with whipped cream or whipped evaporated milk.

Note: Chopped nuts or macaroons may be added; and for a more elaborate dessert, line mold with stale lady fingers or sponge cake.



SEND FOR THESE OTHER KNOX BOOKLETS! ALL FREE TO YOU!



"DAINTY DESSERTS." Mrs. Knox's 55-page Recipe Book of salads, desserts, candies, soups, pies. Let it help you plan your meals!



"BE FIT—NOT FAT!" Delicious, low-calorie recipes for desserts and salads that weight-watchers will enjoy.



KNOX LOW-SUGAR DESSERTS AND SALADS. Recipes with a minimum (sometimes none) of sugar. They are all so good.



THE KNOX BUILD-UP PLAN! Common-sense health rules, menus high in protective foods, and the famous Knox Gelatine Drink to supplement proteins from other sources in the diet!

For any of the above which you wish...free...address:
Charles B. Knox Gelatine Co., Johnstown, New York



MRS. KNOX'S

SPANISH CREAM

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	$\frac{1}{2}$ cup sugar, scant	$\frac{1}{4}$ teaspoonful salt
3 cups milk	3 eggs	1 teaspoonful vanilla

Pour milk in top of double boiler and soften gelatine in it. Place over hot water, add sugar and stir until dissolved. Pour slowly on yolks of eggs, slightly beaten with the salt; return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove, add flavoring and fold in lightly the whites of the eggs, beaten until stiff. Turn into one large or individual molds that have been rinsed in cold water, and place in refrigerator. (This will separate and form a jelly on the bottom with custard on top—if you do not wish this separation in two layers, allow custard to cool somewhat before adding the stiffly beaten egg whites.) When firm, unmold and serve with whipped cream, strawberries, sliced oranges or any fruit or fruit juice.

MRS. KNOX'S

FRUIT SALAD

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	1 cup hot fruit juice or water	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice	$\frac{1}{4}$ teaspoonful salt
		$1\frac{1}{2}$ cups diced canned fruits

Soften gelatine in cold water and dissolve in hot fruit juice (drained from canned fruits), or water. Add lemon juice, sugar and salt. Cool, and when mixture begins to thicken, fold in diced fruits. Any fruits or desired combinations may be used. Pour into large mold which has been rinsed out in cold water (and has had the bottom lined with thin slices of fruit, if desired); or individual molds. Chill. When firm, unmold onto lettuce and serve with mayonnaise or fruit dressing.

Note: If home canned fruits are used, use a little less sugar, as they are sweeter than commercially canned ones.



KNOX GELATINE, (U. S. P.) IS PURE, WHOLESOME...

PROTECTED UNTIL YOU USE IT



(Knox Testing Laboratories)

Knox Gelatine is manufactured under strict chemical and bacteriological control, to standards even more rigid than the United States Pharmacopoeia requires. Each batch is tested and retested for uniformity and jellying strength.

Knox is machine-sealed in individual, sanitary envelopes... protected from contamination all the way from the factory until you are ready to use it. (For your own protection we advise against using loose, bulk gelatine.)

For more than 50 years, housewives have depended on plain, unflavored Knox Gelatine for purity and dependability in the kitchen. Knox standards today are even more strict than ever before. *You can always depend on Knox!*



MRS. KNOX'S

PLUM PUDDING

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	$\frac{1}{4}$ square chocolate or 3 tablespoonfuls cocoa	$\frac{1}{4}$ cup nuts, chopped
$\frac{1}{2}$ cup cold water	1 cup milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup seeded raisins	$\frac{1}{4}$ cup currants	$\frac{1}{4}$ teaspoonful salt
	$\frac{2}{3}$ cup dates	$\frac{1}{4}$ teaspoonful vanilla
		2 egg whites

Put milk with chopped fruit in double boiler. When cooked slightly, add cocoa or chocolate, which has been melted and mixed with part of the sugar and a little milk to make a smooth paste. Soften gelatine in cold water. Add to hot chocolate mixture and stir until dissolved. Add sugar and salt; and stir thoroughly. Remove from fire, cool, and when mixture begins to thicken, add nuts and vanilla. Lastly, fold in whites of eggs beaten very stiff. Turn into mold that has been rinsed in cold water and decorated with whole nut meats and raisins. Chill. When firm, remove to serving dish. Garnish with holly. Serve with whipped cream or whipped evaporated milk, sweetened and flavored with vanilla, or with a currant jelly sauce.



MRS. KNOX'S
GELATINE DAINTIES (Candy)
(200 pieces; uses 1 pkg.)

4 envelopes Knox Gelatine	$\frac{1}{4}$ teaspoonful salt	1 teaspoonful cinnamon extract
1 cup cold water	$1\frac{1}{2}$ cups boiling water	Red and green coloring (liquid or paste)
4 cups sugar	$\frac{1}{2}$ teaspoonful peppermint extract	

Heat sugar, salt, boiling water to boiling point. Soften gelatine in cold water. Add to hot syrup. Stir until dissolved. Boil slowly for 15 minutes. Remove from fire. Divide into 2 equal parts. Color one part delicate red, flavor with cinnamon extract. Color the other delicate green, flavor with peppermint extract. Rinse 2 pans (8" x 4") in cold water. Pour in candy mixture to depth of about $\frac{3}{4}$ inch. Put in a cool place (not a refrigerator). Allow candy to thicken for at least 12 hours. With a wet sharp knife loosen around edges of pan, pull out and place on board lightly covered with powdered sugar. Cut into cubes. Roll in powdered or fine granulated sugar. (If lemon flavor is desired, add 3 tablespoonfuls lemon juice and 2 teaspoonfuls lemon extract to one part of candy, and leave uncolored.) Any preferred flavoring or coloring may be used.

MRS. KNOX'S
PRUNE WHIP
(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	1 cup cooked prune pulp	2 egg whites
$\frac{1}{4}$ cup cold water	2 tablespoonfuls lemon juice	$\frac{1}{2}$ cup nuts, chopped
$\frac{3}{4}$ cup hot prune juice	$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful salt

Soften gelatine in cold water. Add sugar, salt and hot prune juice and stir until dissolved. Add prune pulp and lemon juice. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites. Turn into mold that has been rinsed in cold water. When firm, unmold. Garnish with prunes and slices of fresh orange. Whipped cream to be served, if desired. Or turn into sherbet glasses and serve sprinkled with chopped nuts.



Plan for PAINLESS REDUCING



1. This simple exercise

Every day, eat less than you do usually. (Don't starve yourself. Just cut down enough to cause your body gradually to "burn up" its excess fat. Your scales will tell you when this is happening.)



PLUS

2. Drinking KNOX GELATINE

Drink 1 envelope Knox in water or unsweetened fruit juice, 1 hour before lunch; again 1 hour before dinner. (This helps stave off hunger pangs. You come to the table without that "all-gone" starved feeling. It also helps supply part of your daily protein requirement.)



Who says reducing means feeling starved? Not any more! This simple plan chases those hunger pangs that leave you limp . . . keeps you from going to the table ravenous! Knox is all protein . . . has no sugar and only 28 calories per envelope. Yet it contains 7 of the 10 essential protein parts. Here's an easy way to help get

the liberal protein intake that aids in keeping up stamina! Tuck Knox in your purse or pocket. Your grocer has the 4-envelope package or extra-economical 32-envelope size.

Note: For reducing menus, balanced in vitamins, proteins and minerals, see your physician.

THE KNOX BUILD-UP PLAN



Are you slowed up in lots of things you'd like to do, simply because you haven't endurance to make the most of a day? Then perhaps the Knox Build-Up Plan is just what you've been looking for!

The Knox Build-Up Plan is based on good common sense. It includes basic and practical health rules...helps you check up on such essentials as sleep, fresh air, diet. Gives suggested menus to help you get the right combination of food in your meals. (See booklet offer on last page.)

And in addition to these sound principles of keeping fit, the Knox Build-Up Plan suggests *drinking* Knox Gelatine regularly. Hundreds of men and women engaged in strenuous, tiring work have already tried drinking Knox regularly. And 2 out of 3 said they felt better!

A VALUABLE PROTEIN SUPPLEMENT

Knox is all protein, no sugar. It contains 7 of the 10 protein parts essential for health and well-being.

Since protein is the great body-building material, many authorities hold it is not a question of how little protein a person can get along with, but how much is needed...to repair the body and muscle tissue worn down by daily wear and tear, and to contribute the maximum amount to health and well-being. Knox Gelatine as a drink is an easy way to supplement proteins from other sources in your diet.



MRS. KNOX'S MAPLE NUT TORTE

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
½ cup cold water
¾ cup maple syrup

2 eggs
¼ teaspoonful salt
1 cup cream or evaporated milk (whipped)

10 macaroons,
dried and rolled
¾ cup nuts,
chopped

Beat egg yolks slightly, add maple syrup and salt, and cook over boiling water until of custard consistency. Soften gelatine in cold water. Add to hot maple custard and stir until dissolved. Cool, and add whipped cream or whipped evaporated milk, macaroons and nuts. Fold in stiffly beaten egg whites. Put into mold that has been rinsed with cold water and ringed with whole macaroons. Chill. When firm, unmold. Garnish with whipped cream and whole nut meats. (Or turn mixture into sherbet glasses.)

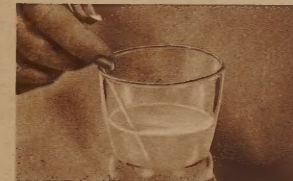
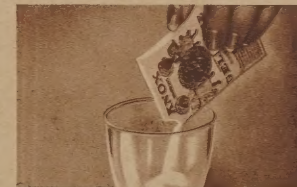
HERE'S HOW TO

DRINK KNOX GELATINE

Thousands of men and women are *drinking* Knox regularly, as a supplement to other proteins in their daily meals.

It's easy and pleasant to drink Knox in almost any liquid. Most people prefer to take it in cool water or fruit juice. Here's how to do it.

1. Pour 1 envelope of Knox Gelatine into about 1/2 glass water or fruit juice, not iced.



2. Let liquid absorb the gelatine. Stir.

3. Drink immediately. If gelatine thickens, add a little more liquid and stir again. The gelatine is tasteless.



4. Drink 4 envelopes of Knox every day for 2 weeks, then 2 a day for 2 weeks. After that, as required.



MRS. KNOX'S FRUIT SOUFFLÉ

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
¼ cup cold water
¾ cup hot fruit juice
½ cup sugar
½ teaspoonful salt

½ cup canned pineapple (crushed)
½ cup halved maraschino cherries or fresh or canned strawberries

1 cup cream or evaporated milk (whipped)
1 egg white
½ cup nuts, chopped

Soften gelatine in cold water. Add sugar, salt and hot fruit juice and stir until dissolved. Cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk and pineapple and strawberries which have been cut in small pieces. Fold in stiffly beaten egg white. Turn into a ring mold that has been rinsed in cold water. (If desired, arrange small pieces of fruit in a design in the bottom. Cover with thin layer of clear gelatine mixture. Chill. Then pour cream-and-fruit mixture in.) Or turn into sherbet glasses and chill. Serve sprinkled with chopped nuts or garnished with whole nut meats. The soufflé may also be turned into mold that has been lined with stale lady fingers or other stale cake.

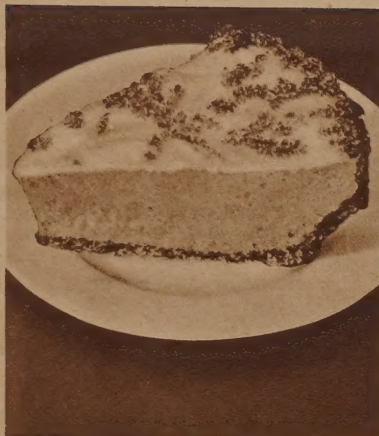


MRS. KNOX'S ORANGE CREAM SHERBET

(Serves 12; uses ¼ pkg.)

1 envelope Knox Gelatine	Grated rind of two oranges	2 cups cream, or evaporated milk (whipped)
½ cup cold water	1 cup lemon juice	2 eggs
2 cups sugar	1½ cups orange juice	
1½ cups hot water	¼ teaspoonful salt	

Soften gelatine in cold water. Add 1½ cups of sugar and hot water and stir until dissolved. Add orange rind, lemon juice and orange juice. Turn into ice-cream freezer and freeze to a mush. Beat cream or evaporated milk until stiff, and add salt and remaining ½ cup of sugar. Separate yolks from whites of eggs. Beat yolks until thick and lemon colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing. Serve in sherbet glasses, garnished with segments of fresh orange.



(Illustrated in color on cover)

MRS. KNOX'S LEMON CHIFFON PIE

Note: This recipe tied for honors with Chocolate Chiffon Pie.

(Filling for one 9-inch pie)

1 envelope Knox Gelatine	½ cup lemon juice
¼ cup cold water	½ teaspoonful salt
4 eggs	1 teaspoonful grated lemon rind
1 cup sugar	

Add ½ cup sugar, lemon juice and salt to beaten egg yolks and cook in double boiler until of custard consistency, stirring constantly. Soften gelatine in cold water. Add to hot custard and stir until dissolved. Add grated lemon rind. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other ½ cup sugar has been added. Fill baked pie shell or graham cracker crust and chill. Just before serving, a layer of whipped cream may be spread over the pie.

MRS. KNOX'S TOMATO STAR SALAD

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine	Stalk celery
¼ cup cold water	Few grains Cayenne or pepper
2 cups canned or fresh tomatoes	1 tablespoonful mild vinegar or lemon juice
½ bay leaf (if desired)	1 tablespoonful onion juice
½ teaspoonful salt	

Mix tomatoes, bay leaf, salt, celery, Cayenne or pepper. Boil 10 minutes. Soften gelatine in cold water. Add to hot mixture. Stir until dissolved. Add vinegar and onion juice (extracted by grating onion). Strain and pour into star-shaped mold that has been rinsed in cold water. Chill. When firm, unmold on lettuce. Put a small ball of cream cheese and a stuffed olive in the center of star and garnish with parsley or water cress. Serve with any preferred dressing. (The gelatine mixture may be poured to the depth of about ½ inch in a shallow pan that has been rinsed in cold water. Then, when firm, cut in stars, using a paper pattern and sharp knife.)



(Illustrated in color on cover)



MRS. KNOX'S STRAWBERRY SPONGE

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine	1 cup sugar	1 tablespoonful lemon juice
¼ cup cold water	½ teaspoonful salt	½ cup cream or evaporated milk (whipped)
½ cup hot water	1 cup strawberry juice and pulp	2 egg whites

Crush strawberries, add sugar, and allow to stand about half an hour. Soften gelatine in cold water. Add salt and hot water and stir until dissolved. Add strawberry mixture and lemon juice. Cool, and when it begins to thicken, fold in whipped cream or whipped evaporated milk, and the stiffly beaten egg whites. Turn into parfait or sherbet glasses and chill. Serve garnished with halves of berries and whipped cream. Or, serve on sponge cake with whole berries and whipped cream or whipped evaporated milk. Any fresh or canned fruit may be used. (With canned fruit, less sugar will be required.)

MRS. KNOX'S TROPICAL DELIGHT

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine	½ cup sugar	½ cup cream or evaporated milk (whipped)
¼ cup cold water	1 tablespoonful cocoa	½ teaspoonful vanilla
1 cup very strong hot coffee	½ teaspoonful salt	1 tablespoonful lemon juice
	1 cup dates, sliced	
	¼ cup walnuts, chopped	

Soften gelatine in cold water. Add sugar, salt, cocoa, hot coffee and lemon juice and stir until dissolved. Cool, and when it begins to stiffen, add dates and nuts. Fold in whipped cream or whipped evaporated milk, and vanilla. Chill. When firm, unmold and serve with whipped cream or whipped evaporated milk. Garnish with dates stuffed with segments of fresh orange.



MRS. KNOX'S
COTTAGE CHEESE SALAD MOLD WITH FRUIT

(Serves 8; uses ¼ pkg.)

1 envelope Knox Gelatine	¼ teaspoonful salt	6 dates
¼ cup cold water	¼ teaspoonful paprika	1 orange
2 cups cottage cheese	½ cup cream or milk	1 cup strawberries or bananas
	½ cup pineapple	

Soften gelatine in cold water. Place dish over boiling water and stir until dissolved. Mash cheese very fine, add seasonings, cream and gelatine. Turn into border mold that has been rinsed in cold water. Chill, and when firm, unmold cheese ring on a bed of lettuce and fill center with fruit, which has been cut in small pieces and mixed with salad dressing to which has been added a few spoonfuls of whipped cream. Serve with a salad dressing.



Be sure you know the
difference between
KNOX GELATINE
and Gelatine Dessert Powder!

Maybe you've known there is a difference between plain, unflavored Knox Gelatine and ordinary, ready-flavored gelatine dessert preparations. But here's how much difference there is!

Gelatine dessert powders are about 7/8 sugar, only about 1/8 gelatine, or protein. Knox is all gelatine...all protein...contains no sugar.

BE SURE TO USE KNOX!

You can see why it's so important to insist on plain, unflavored Knox Gelatine. Because Knox is plain, unflavored, it does not disguise the full, good flavor of your home ingredients! And Knox, combined with vitamin-rich fruits and vegetables, gives your family treats that are high in protective food values.

It's specially important to avoid substitutes when you're drinking Knox. The Knox Gelatine Drink is all protein...no sugar. So always specify Knox when you're ordering.



MRS. KNOX'S
GOLDEN SALAD
(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine	¼ cup mild vinegar	1 cup oranges, cut in small pieces
¼ cup cold water	½ cup orange juice	1½ cups canned pineapple, cut in small pieces
1 cup hot pineapple juice	¼ cup sugar	¼ teaspoonful salt
	1 cup raw carrot (grated on coarse grater)	

Soften gelatine in cold water. Add sugar, salt and hot pineapple juice and stir until dissolved. Add orange juice and vinegar. Cool, and when jelly begins to stiffen, add other ingredients. Turn into mold that has been rinsed in cold water and chill. If individual molds are used, place one teaspoonful of clear jelly in bottom of mold. When nearly firm, place on it one tablespoonful of thick mayonnaise. When this is firm, fill mold with salad mixture. When congealed, unmold on lettuce.

For the extra-special mold above: Place thin strips of green pepper in two circles at bottom of rinsed ring mold. Dip fresh orange sections and pineapple wedges in clear gelatine mixture. Arrange rings of orange and pineapple along sides of mold. Chill. When nearly firm, fill mold with completed salad mixture and chill.

MRS. KNOX'S
CHOCOLATE CHIFFON PIE
(Filling for one 9-inch pie)

1 envelope Knox Gelatine	4 eggs
6 level tablespoonfuls cocoa or 2 squares chocolate	1 cup sugar
	1 teaspoonful vanilla
	¼ teaspoonful salt

Soften gelatine in ¼ cup cold water. Put ½ cup cold water in top of double boiler to which add 6 level tablespoonfuls cocoa or 2 squares chocolate. When thoroughly dissolved add ½ cup sugar, the egg yolks slightly beaten and salt. Cook until custard consistency, stirring constantly. Add softened gelatine to hot custard and stir until dissolved. Cool, and add vanilla. When mixture begins to thicken, fold in stiffly beaten egg whites to which the other ½ cup sugar has been added. Fill baked pie shell or graham cracker crust and chill. Just before serving, a layer of whipped cream may be spread over the pie.



"I'VE ALWAYS WANTED
TO KNOW..."



Q. "Why should I use Knox Gelatine for jellied salads and desserts?"

A. "Because Knox has no sugar or flavoring, it can be used in many different ways, with almost all varieties of foods. You get the true flavor of your home ingredients, unmasked by the artificial flavoring that most gelatine dessert preparations have."

Q. "Does Knox Gelatine combine with milk and cream?"

A. "When you make jellied dishes containing milk or cream, use only plain, unflavored gelatine . . . Knox Gelatine. Some ordinary gelatine dessert powders, because of their acid content, are apt to curdle milk or cream. Knox, by litmus test, is *non-acid!*"

Q. "How can Knox Gelatine help me use up leftover foods?"

A. "Dozens of tempting Knox dishes can be made from leftovers. Knox stretches small quantities into generous portions; gives your leftover foods such an appetizing appearance that they are dishes fit for 'company' meals."

Q. "How can I get more food values into my desserts and salads?"

A. "Serve Knox desserts and salads! They're made with vitamin-rich fruits and vegetables, protein-high meats, eggs, plus Knox, which is all protein . . . no sugar. Nutritious and delicious, both!"



MRS. KNOX'S
LUNCHEON SALAD

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	$\frac{1}{4}$ cup mild vinegar or lemon juice	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup chopped celery	2 tart apples, cut in small pieces
1 cup hot water	$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped pecans

Soften gelatine in cold water. Add sugar, salt and hot water. Stir until dissolved. Add lemon juice or vinegar. Mix thoroughly. Turn into tray of automatic refrigerator. Turn up cold control but do not freeze. (If you do not have an automatic refrigerator, set bowl of gelatine mixture in ice-box to cool.) When it begins to stiffen, add apples, celery and chopped pecans. Turn into mold that has been rinsed in cold water and chill. Unmold on lettuce. Surround with unpared apple slices. Serve with mayonnaise. Vegetables may be substituted for fruit.

MRS. KNOX'S
BAVARIAN CREAM

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	Yolks 2 eggs	$\frac{1}{2}$ teaspoonful vanilla
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup sugar	1 cup cream or evaporated milk (whipped)
1 cup milk	$\frac{1}{4}$ teaspoonful salt	

Beat egg yolks with sugar and salt, add to milk and cook in double boiler until of custard consistency. Soften gelatine in cold water. Add to hot custard and stir until dissolved. Cool, and when mixture begins to thicken, fold in whipped cream or whipped evaporated milk, and vanilla. Turn into molds that have been rinsed in cold water and chill. When firm, unmold. Garnish with cherries and fresh orange slices.

Note: The stiffly beaten whites of eggs may be added to the cream mixture, if desired.



MRS. KNOX'S
SALMON LOAF

(Serves 6; uses $\frac{1}{4}$ pkg.)

1 envelope Knox Gelatine	$\frac{1}{4}$ teaspoonful paprika (if desired)	$\frac{1}{4}$ cup cold water
Yolks of two eggs	$1\frac{1}{2}$ tablespoonfuls melted butter	$2\frac{1}{2}$ tablespoonfuls mild vinegar or lemon juice
1 teaspoonful salt	$\frac{1}{4}$ cup milk	2 cups canned salmon, tuna fish or crabmeat
1 teaspoonful mustard		

Mix egg yolks, slightly beaten with salt, mustard and paprika; then add butter, milk, and vinegar. Cook over boiling water, stirring constantly, until mixture thickens. Soften gelatine in cold water. Add softened gelatine to hot mixture and stir until dissolved. Add salmon, separated into flakes. Turn into a mold that has been rinsed in cold water; chill. When firm, unmold on platter. Garnish with greens, lemon and green pepper slices, and tomatoes which have been stuffed with cream cheese and sliced.



From One Housewife to Another ...ON ELECTION DAY!

I'm so proud of this newest collection of my recipes, because they're really "the choice of the people." You see, we asked families from coast to coast to vote for their favorite Knox salads and desserts. Here are the grand "top twenty" they picked...with some up-to-the-minute touches to add brand-new interest to your menus!

It did my heart good to read the comments written on many of the ballots. Today, more than ever, busy meal planners are depending on Knox Gelatine for nutritious dishes that tempt our families' appetites. (Remember, Knox is all protein, no sugar...an ideal "combiner" with vitamin-rich fruits and vegetables.) Every one of these "Top 20" salads and desserts is easy to make...and delicious. I do hope you'll try them all!

Cordially,

G. W. Knox

By Mrs. Charles B. Knox

PRINTED IN U. S. A.



MRS. KNOX'S

PERFECTION SALAD

(Serves 6; uses $\frac{1}{4}$ pkg.)

- | | | |
|--------------------------------|--|---|
| 1 envelope Knox Gelatine | 1 tablespoonful lemon juice | 1 cup celery, cut in small pieces |
| $\frac{1}{4}$ cup cold water | $\frac{1}{4}$ cup sugar | 1 pimiento, cut in small pieces, or 2 tablespoonfuls sweet red or green peppers |
| 1 cup hot water | $\frac{1}{2}$ teaspoonful salt | |
| $\frac{1}{4}$ cup mild vinegar | $\frac{1}{2}$ cup cabbage, finely shredded | |

Soften gelatine in cold water. Add sugar, salt and hot water, and stir until dissolved. Add vinegar and lemon juice. Turn into tray of automatic refrigerator. Turn up cold control. Do not freeze. (If no mechanical refrigerator is available, put bowl of mixture in ice-box.) When mixture begins to stiffen, add remaining ingredients. Turn into individual molds that have been rinsed in cold water and lined with canned pimientos. Chill. To serve, remove molds to bed of lettuce leaves or endive, and garnish with mayonnaise dressing. Or cut salad in cubes and serve in cases made of red or green peppers.

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From One Housewife to Another ...ON ELECTION DAY!

I'm so proud of this newest collection of my recipes, because they're really "the choice of the people." You see, we asked families from coast to coast to vote for their favorite Knox salads and desserts. Here are the grand "top twenty" they picked...with some up-to-the-minute touches to add brand-new interest to your menus!

It did my heart good to read the comments written on many of the ballots. Today, more than ever, busy meal planners are depending on Knox Gelatine for nutritious dishes that tempt our families' appetites. (Remember, Knox is all protein, no sugar...an ideal "combiner" with vitamin-rich fruits and vegetables.)

Every one of these "Top 20" salads and desserts is easy to make...and delicious. I do hope you'll try them all!

Cordially,

G. W. Knox

(Mrs. Charles B. Knox)

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